

## Lecture 5: Active Learning Questions

1. *What are 6 nutrients essential for life? What are macronutrients and micronutrients? What are energy nutrients?*
2. *Why might a high daily animal protein intake lead to inflammation & disease? What is TMAO? What are dietary sources that elevate TMAO?*
3. *What are Blue Zones? What dietary and lifestyle habits are common to humans that live the longest? What is the Okinawan Longevity Diet?*
4. *Why emphasize a plant-based diet? If you lower your carbohydrate intake, which subcategory should you reduce?*
5. *Based on data from the National Weight Control Registry, what are some common features of those who lost  $\geq 30$  lb and maintained the weight loss for  $\geq 5$  yr? That is, what did they do?*